COPE FORUM
Cambridgeshire Older People's Enterprise

Newsletter No.65 **April 2010**
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An independent and voluntary Forum, for 50's and over
(This Newsletter is on our website please contact Rhona if you prefer to read this on the web and not receive a paper copy)

Dear Member

Hopefully we are going to get some better weather and will begin to feel the joys of Spring. At the time of writing this letter I am interested to see if March, having come in like a lamb, will go out as a lamb!

This is the time of the year when some of us look at our garden and cringe! Others look at holiday advertisements and cringe! Others (like me) like to sit back and watch others cringe, whilst we enjoy life and the benefit of being able, as far as possible, to do what we want to do rather than having to do things because we are working to make a living.

The survey we have just carried out to ascertain what people think about our Newsletter has been of great value and use. In the main it has indicated that, if not perfect, we have got things about right. One point which is pleasing is that the response rate is about 22% and anyone who has been involved with surveys of this sort will know that normally there is a much lower return rate – often as low as 7% or 10%. Thank you to those of you who did respond and anyone who did not respond please feel free to send your response either on this form or to write to let us know how YOU feel about the Newsletter or, for that matter, any aspect of the way COPE works or what we do.

One other point, which my recent accident has brought to my attention, is insurance claims. I am not for one moment suggesting that you should make improper or frivolous claims but too many of us willingly pay insurance premiums but when an accident occurs we overlook what is covered by our policies. It is always worth telephoning or contacting the insurance company or agent or advisers and asking if specific items are covered. In my own case some of my clothing had to be cut off during my trip to hospital and I was pleased to discover that the cost of replacements was covered, as was the damage to my wristwatch and the strap.

Please do keep writing or telephoning us to let us know of anything which may have happened to you or anyone known to you or any ideas or matters which could be of interest or help to our family of members.

Best wishes, **Maurice Garner**, COPE Chairman

Theatre goers - Newsflash: COPE working in partnership with **Richmond Coaches** on trips
last chance to book for "**Legally Blonde**" a fantastic musical for the young at heart
Special Price – only £43 - Treat your family to a very enjoyable and new West End show. ☺

You could win a prize by completing the enclosed Richmond's Coaches questionnaire

Robert Boorman, COPE Treasurer and Spokesman:

COPE Campaigns

The results of our Newsletter Survey are on page 11 of this newsletter and we have had a remarkable response - 579 Members have replied out of the 2,592 who received copies. That is an outstanding 22.3% comeback – thank you!

The separate Questionnaire, which was carried out for the Primary Care Trust produced just as many responses, which will keep Jenni Jenks and Margaret Coles members of the COPE Research Group, busy collating the information!

Signatures for the Chequebook petition are flooding into the *office* - If you need more sheets contact Rhona.

Will you be one of the 10 million to lose out?

Several members have raised the issue of the failure to increase their additional State Pension, or State Second Pension, which is paid in addition to the basic State Pension this year.

The Daily Mail has pointed out, "if you're one of the 10 million people with either a State Earnings Related Pension (Serps) or graduated pension, then there is no increase for you. While this was 'sort of' announced in December's pre-budget report, it wasn't actually included in the speech. What was said was that the 'basic state pension will not be frozen, but will rise by 2.5% in April'. Many, quite understandably, thought this included all parts of the state pension, including Serps, the graduated pension and the extra payments made to those who have delayed taking their pensions to boost their payments. But no, it just meant one bit of it - and by not increasing Serps and the other bits, more than £350 million will be saved in 2010-11.

Frank Cooper, NPC President said: "It was a shabby tactic by the Chancellor to hide his decision not to up-rate all elements of the state pension." The NPC has produced a letter, that can be sent to the Chancellor calling for him to reverse his decision. Contact 19-23 Ironmongers Row, London EC1V 3QN or www.NPC.org

Each age calls for its own appropriate behaviour

"OUR STRENGTH IS IN OUR NUMBERS" - 1

Happy Birthday to our older and wiser members for the month of April - Editor says "I will try to do list in alphabetical order in future"

Franc Johnson	Greta Hawes	Peter Binge	Pamela Paul	Walter Smith	Wendy Reynolds	John Reynolds
Sushila Joshi	Misha Swann	William Marriott	Anita Good	Katherine Gray	Maureen Symons	John Hipkins
Mrs D Rogerson	Mary Bird	Francesco Rina	Hazel Webb	Derek Nicholls	Mrs O Chapman	Gill Mallett
Doris Arnold	Mrs E Park	Tina Wilkinson	Angela Allin	Keith Evans	George Titchmarsh	Mary Cooke
Mrs A Farley	John Suffling	Anne Campbell	Mrs G Brown	Rita Bickell	Mrs D Hemingway	Ian Kirk
Colin Acred	Diana Mott	Reginald Stokes	Keith Harland	Mary Bartha	Brenda Downham	Mrs M Shook
Diana Lloyd	P Ingrey	Ros Nightingale	Patricia Terry	Hugh Holland	James Woodburn	Liz Knox
Sid Robinson	David Butler	Jennifer Collett	Joan Court	David Richards	Marjorie Simmons	Neil Wright
Gloria Challis	Mrs D Brown	I R Fleet	David Finch	Mrs M Lilley	Geoffrey Leyshon	Jean King
Eileen Hopper	Jan Feekins	Joyce Randall	Mabel Hirst	Mr R Rogerson	Phyllis Longstaff	Michael Burrell
Maureen Vale	Sheila Gunn	Willie Langstaff	John Harris	Helen Kember	Leonard Claydon	Helen Thacker
Violet Weeks	Jim Haskins	Mr W Winkfield	David Wherrell	David Jansen	James Cunningham	Nita Haskins
Stephen Ryder	Mrs Newman	Elsie Anderson	Jean Thomas	Colin Plummer	Margaret Brookman	Ann Wall
Peter Butler	Mrs A Mundell	Alistair McHarg	E R Davey	Mrs I Moore	Sheila Rudderham	Ruth Sutcliffe
Delia Suffling	Anne Hodge	Brenda Walker	Audrey Nunn	Rita Timmins	Rachel Bosworth	Allan Milne
Edgar Fletcher	Kipp Cooper	Nan Symonds	Sue Willett	Ann Holloway	Elizabeth Marshall	Mr J Jones
Valerie Dean	Doris Wright	Maurice Bendall	Catherine Rose	Richard Lynch	Yvonne Robinson	Molly Flack
Alan Bustard	Josie Hilton	Eric Haylock	John Sampson	Peter Sampson	Annette Heilbron	Terry Hutt
Ann Cooper	Irene Rogers	Dick Marshall	Joan Jones	David Hodges	Jacquie Gawthrop	Bernie Gold
Verna Cornell	Mrs M Cuthbert	Wendy Maskell	Vera Lee	Barry Barber	Michael Gawthrop	Suki Sharples
Pauline Fuller	Jan Lewis	Phyllis Perry	Pamela Dickson	Gloria Fletcher	Kathleen Grantham	Jean Wrench
Michael Moule	Carole Lawson	Maureen Davies	Doreen Brown	Mr H Cooper	Rosemary Clement	Rose Parker
Rose Parker	Violet Lander	Dianne Muncey	Anna Clarke	Avril Tabor	Rozalie Vagizoia	Jean Sparkes
Susan Holt	Lesley Croxon	Alan Buck	Mary Pitman	Carole Stevens	Connie Apperley	Chris Freeman
Elsie Golding	Julia Hart	Arthur Tricker	Robert Carr	Mr G Newman	Glenda Gerzimbke	John Lark
Jean Brown	Eddie Konig	John Garner	Pam Hayes	C Mason	Christine Schofield	Nick Hillman
Rita Cheatle	Ann Bailey	Marjorie Biggs	Susan Clark	Norma Searby	Bruce Leonard	

The UK Border Agency asked anyone who suspects illegal workers are being employed to telephone **Crimestoppers** on 0800 555111

The **Best Bus Driver Award** chosen by Cambridgeshire Older People's Enterprise Forum members. All members of the COPE Forum are asked to keep the bus tickets, which identify the bus and Driver, whom you thought was better than normal and pass the ticket to Rhona – 40 Stretten Avenue Cambridge CB4 3EP. If the response is good we could make this a permanent annual activity. This way, we hope to encourage all Bus Drivers to try to become the **Best Bus Driver in Cambridgeshire**. If you wore your COPE badge the bus driver may notice that he had a *secret shopper* on board! **Andy Campbell**, Managing Director at Stagecoach Cambridgeshire, responded in an email: "It sounds like a good idea to me, we would be happy to support it by rewarding the driver."

Did you Know ~ ~ ~ ~ from ***Margaret Hobbs*** **and Rhona Boorman**

- A wryneck is a member of the woodpecker family of birds
- Ants can change the size and shape of the pads on their feet depending on the load they are carrying
- In 1997, more than 2.5 billion litres of milk were delivered to the doorstep each year
- Lale Anderson was the original singer of Lili Marlene in 1941
- There are 700 varieties of cheese made in Britain - 100 more than in France
- The use of incense is though to have begun in Egypt, where it was used by the pharaohs both to cleanse bad odours and appease the gods. It can also be used as a disinfectant and fumigant and as an insecticide to repel mosquitoes and other pests.
- Four out of 10 people approaching retirement are considering moving abroad
- ASDA is to extend its 100-day returns policy across its clothing range
- The entire city of Concepcion has moved at least 10 feet to the west since the Chilean earthquake
- Bin men have been told they can refuse to remove any household rubbish which is not placed in wheelie bins to help councils save money
- Gold has proved to be the best investment over the past ten years
- Drinking sugar-sweetened soft drinks has been linked to an increase in cases of diabetes and heart disease
- Two thirds of workers put nothing into their pension pot – just 35% of private sector workers were active members of a company pension, whilst 80% of staff in the public sector did so.
- A joint-life annuity is a must for couples, as a single life annuity leaves millions of women at risk of having no income from their husband's private pension fund.
- 40% of Britons fear loneliness in their old age

There is a small child in each of us

"OUR STRENGTH IS IN OUR NUMBERS" - 2

Easter Search from **Brian Halls**, Bar Hill,"

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Place the 27 three character tiles listed below in the grid above to form nine words associated with Easter

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OST	OUS	PEN	PEN	REL	RES	SUR	TEC	TIV

Solution for Mothering Sunday Search – Childhood, Chocolate, Christian, Flowering, Maternity, Mothering, Parentage, Tradition and Womanhood

Eta Sanderson's Food corner – Simnel Cake

This traditional Easter treat named after but not necessarily invented by Lambert Simnel. At the age of 10, in 1487 Simnel was put forward by others as the rightful claimant to the English throne. King Henry VII pardoned Simnel and employed him as a spit-turner in the Royal Kitchens. In the 17th century, female servants baked this rich fruitcake to take home on Mothering Sunday, hence the confusion whether it is an Easter Cake or Mothering Sunday treat.

Simple Simnel – take a rich fruitcake and cut it in two horizontally, roll out two blocks of marzipan (available from supermarkets) cut two circles similar in size to your cake. Moisten the cake with apricot jam, place one of the marzipan circle in the middle and the other on top, make 11 equal sized balls from the off cuts and press them in the top layer. (they represent the 11 true disciples, excluding Judas)

Happy Easter!

The next **Research Group** meeting has been **postponed** to **Saturday April 10th** – meet at the Carlton Arms Pub, Carlton Way, Cambridge at 3 p.m. Tel: Alice Zeitlyn on 01223 357395 for more information.

Keep away from me - Oscar the 5 year old cat living in a Rhode Island nursing home accurately predicted the deaths of 50 elderly residents – when he climbs onto the end of somebody's bed for a snooze, relatives and staff know that the patient will be the next in the home to pass away. "Making Rounds with Oscar" by David Dosa MD, published by Headline is on sale at £12.99.

Trevor's Corner (**Trevor Grigg** – 01223 834500)

I am involved with scheduled walks every Thursday morning (not limited to COPE Members) at Wandlebury and you will be welcome to come up to see the snowdrops (and Highland Cattle).

If you haven't already done so, go and study the Chronophage at the juncture of Bene't Street and King's Parade - the sinister (time devouring) insect reminds us of the relentless march of time and so we'd better be making the most of it. Let's work hard and enjoy our volunteering, whilst making time for ourselves, friends and family. If you volunteer for more than one outfit and you've not acquired the art of being in two places at once, then learn to say 'no' from time to time - you'll be the better volunteer for it. Remember - time is precious but volunteers priceless.

"I told the doctor I broke my leg in two places. He told me to quit going to those places." ..... Henny Youngman

Rising numbers of older homeowners would rather enjoy retirement to the full than aim to become the wealthiest folk in the graveyard – spend the lot before you go. As they say in the USA – SKI – spend the kids inheritance

"OUR STRENGTH IS IN OUR NUMBERS" - 3

News excerpts from Cambridgeshire County Council

Budget proposals announced - Inflation, an increasing population especially among the older population, additional demands on services and the anticipated sharp reduction in government funding have all created huge pressure on the Council 's budget, it has to become leaner to deal with a 20% cut in its spending power over the next five years. It aims to create a leaner council which targets services to those who need them most; to continue to support communities and focus on residents' priorities and to transform services to make them more efficient. Over the next five years the Council will need to find funds to meet £48m of inflation pressures, £55m of demand pressures as the population increases, as well as cope with a reduction in government funding of £2m. Inspite of all this the council tax bill for County Council services in Cambridgeshire would still be among the lowest in the country.

Cycling scheme gets go-ahead - £500,000 safety improvements to segregate motorists, cyclists and pedestrians on Hills Road Bridge have been approved. Results from the trial revealed that on average 18,000 vehicles, 5,000 cyclists and 2,500 pedestrians use the bridge every day. Construction of the new road layout will coincide with the Cambridge Gateway project

Government says wat-er good idea to Cambridgeshire Drain Scheme - A groundbreaking scheme being trialled in Cambourne to revolutionise how rain water is dealt with to reduce flooding by using natural features, landscaping and environmentally friendly materials shows that less water is discharged than in traditional developments, thus reducing the risk of flooding and also reducing pollution.

County Council appoints new parking enforcement contractor - The County Council has appointed the UK's largest provider of on street parking services to run parking enforcement in Cambridgeshire. The new contract, which comes into force on April 1, will coincide with the County Council taking on the running of parking enforcement from the City Council which has acted as agents for parking enforcement for the County Council since 2004. Under the new contract the number of parking enforcement officers on the streets of Cambridge will be retained at current levels, with the potential for parking enforcement operations to be extended to other parts of the county as and when Government powers are sought.

A14 Public Enquiry update - The Government have appointed the Inspector and his team. The full details of all the objections are likely to be made public in March. The Inspector is likely to hold the first meeting with objectors in mid May. The full enquiry which is likely to take 10/12 weeks will be in two parts, the first in June/July and the second in September/October. During this period the Highways Agency and their contractors will continue to seek to resolve objections.

How to recycle your used batteries - Residents are currently able to deposit household batteries in boxes on the mobile libraries. Also shops selling batteries must provide a collection box, under the 'distributor' element of the new Battery Directive. Any distributor selling more than 32kg of portable batteries a year must provide a take-back facility in-store for members of the public.

Pot Holes - Cambridgeshire Highways has diverted all available resources to the problem and gangs of up to 4 men each are carrying out repairs on a daily basis. South Cambridgeshire has 7 teams working and East Cambs & Fenland have 9 teams operating; Hunts has 6 teams. A specialist contractor is carrying out work in the City.

Do you have a grandchild **who wants to become a St John Ambulance Badger?** Our new Badger Set started up on Wednesday evening 24th February from 6.00 to 7.00pm at our Barnwell Training Centre. Badgers are from the age of 5 up to 10 years and meet at 2 Barnwell Drive, off Barnwell Road, Cambridge, CB5 8RD where they will learn many new skills, including first aid, have fun activities, play games, do crafts and collect various badges in different proficiencies, all with experienced Leaders. Our Youth leader Lee Taylor is in charge, assisted by Rachael Keys, who is one of our Nurses. Being a Badger is about taking part and working together for their Super Badger Award. Many Badgers have acted in an emergency and used their training to help someone. Contact **Harvey Levison** on 07894 937368 or 01223 564830 or e-mail hjlevison@yahoo.co.uk

Cambridgeshire Community Voluntary Services - Anyone attending our courses have to come as a representative of a CCVS member group. If they are from a group, which is not a member, that is not a problem. The group can join CCVS for free if their turnover is less than £5,000 per year. However, the courses are not open to interested individuals in their own right! CCVS list of courses is on the web at http://www.cambridgecvs.org.uk/training. For more information contact Ruth McCallum, Operations Manager (telephone 01223 464696) COPE is a paid up member of CCVS.

Cambridge Past, Present & Future have some fun events for the Easter holidays at Wandelbury Sat 3 April - Easter Fun Day 10.00 am – 4.00 pm; Wed 7 April - Easter Holiday Activity Day - Travel back through time 10 am – 12.30 pm; Wed 14 April Wandlebury Nature Safaris 10 am – 12.30 pm. *Contact* : CPPF on 01223 243830 Ext. 201 to book a place or e-mail: bookings@cambridgeppf.org

The Association of British insurers said that **insurers** paid £650 million in weather-related claims in the **coldest winter** for 30 years.

Low Self Esteem Support Group will meet Thursday at 7 pm. Please use the back door

Exercise program for people over 50 sent in by **Hazel Smith**, Fulbourn

Begin by standing on a comfortable surface, where you have plenty of room at each side.
With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can.
Try to reach a full minute, and then relax.
Each day you'll find that you can hold this position for just a bit longer.
After a couple of weeks, move up to 10-lb potato bags.
Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute.
(I'm at this level)
After you feel confident at that level, put a potato in each bag!

James Lee who attended a Green Supper on behalf of COPE sent the following:
"The question posed to us at the **Green Supper** "Why did we not do something while we still could?" in the film "the Age of Stupidity" produced in 2007. The film fast forwarded us 45 years to the year 2055 showing parts of the world devastated by Global Warming. Parts of London around the Thames flooded, Sydney on fire, large parts of Africa turning into deserts, and the planet depleted of life etc. Since then we had the Tsunami in Indonesia, earthquakes in China, Chile and Haiti, etc, and Climate Change Conference in Copenhagen at the end of 2009 - a missed opportunity according to some people. Yet this year we have endured the longest and coldest Winter for years.
It came across to me the message the film conveyed was that those who run large companies and the countries motivated by power and money were largely responsible for the wars and pollutions in the world. They were also responsible for holding back the progress for a Green Planet but the typical mantra from them all 'It is the others who's done it'. We must all do our little bit."

John Holmes, St Ives emailed: "**The Nene & Ouse Community Transport** which operates throughout much of Huntingdonshire, as well as East Northamptonshire provides a ring & ride services is aimed, although not exclusively at older people and particularly those who have no other form of transport available to them. This is especially important for those in the villages who have little conventional public transport. In addition to the regular weekly and fortnightly services to local towns, they also operate longer trips to places of interest. In Huntingdonshire, the District Council supports local bus pass holders by allowing them to travel free on journeys within Cambridgeshire and to Peterborough and Stamford. They also operate a group minibus hire service, available to all groups. More details can be found on the web: http://www.neneouse.co.uk/ .
Connections Bus Project, another charity, website: http://www.connectionsbusproject.org.uk/
Although aimed at youngsters, this might be of interest to some COPE members living in rural communities where there are no facilities for the young and they would like to see something done for them. Parish Councils are asked to contribute towards the cost of the regular visits to their community. As you might imagine some are more interested than others. They operate in Cambridge and South Cambridgeshire but would be prepared to consider moving into other areas. Currently the buses are used from mid-afternoon on and so are available every morning and could be used as a meeting point in areas where there is no other venue. Finance might be a problem because a charge has to be made but it might be worth thinking about in the longer term.

CONSUMERS are warned to be on their guard against **fraudulent e-mails** telling them they were due to receive a tax refund. HM Revenue & Customs thinks about 20,000 of the **scam e-mails** have been sent, as fraudsters try to cash in on people's preoccupation with tax in the run-up to the self-assessment deadline. The e-mails tell people that they are due a tax refund and ask them to fill in an online form giving their bank account or credit card details so that the rebate can be paid. The fraudsters then use the information to either empty victims' accounts or spend up to their credit limit, before passing on their details to other criminal gangs. HMRC warned consumers not to respond to any of the e-mails, stressing that it only contacts people about refunds by post.

Retiring Chief Constable **Julie Spence** is delighted that more than 8 out of 10 residents (86%) in the Cambridge area said police were tackling crime. However confidence in the force in some of the rural areas, Fenland and South Cambridgeshire were much lower at about 81%

The sign in a music shop window read,
'closed for lunch. Bach at one. Offenbach sooner'.

"**Time to fight back on Interest Rates**" written by COPE member, **Jolly Roger**, who is quite happy to answer questions.
The Bank of England Base Rate has been fixed at 0.5% for a year Yet interest rate returns generally have fallen further over the past 12 months. Why? It's because banks and building societies have increased their profit margins by cutting interest rates to savers to cover the cost of ill-judged lending and investments. For many investors, the credit crunch may seem something in another world- well it's not, it's making you poorer.
So what to do? The first thing NOT to do is do nothing. The second thing to do is remember that just because cash-ISAS save investors 20% tax on interest, it doesn't mean that the rate of interest is paid is any good; indeed in many cases the interest returns on cash ISAS is less than on the same account outside an ISA wrapper even if tax relief is taken into account. Beware accounts which inflate headline interest rates by paying a short term bonus rate; beware also long term high interest rate accounts where all the interest is paid on maturity. Don't be afraid either to threaten a bank or building society that you will withdraw your money because there are often special deals below the counter. Finally, check if you are a taxpayer as personal allowances for 65 year-olds have shot up. If you are a non-taxpayer, you can have interest paid gross without deduction of tax by completing a form R85 - they should also be under the counter.

Poet's Corner

"Lonely Sundays" from **Margaret Hobbs**

Do you remember the trips to the park
Walks by the river – feeding the swans?
Jazz, on lazy summer afternoons
Snowdrops and daffodils
Punts floating past
No more!

Do you remember the church and the college
Crocus, cows grazing, scenery so phasing
Museums and learning, tourists and touring
Bridges and boating, lovers and life
No more!

Villagers forgotten
No transport – that's rotten!
Marooned on a Sunday
It should be a funday
Memories we thrive on
Bus on a Sunday?
No more!

"This is about my most treasured possessions" from **Maisie Heaney**

Fiercely guarded with loving care
Indeed you might say they're obsessions – most certainly rarer than rare
To others they mean nothing – wouldn't be accepted for free
But I need to chew my rice pudding and which bottle to open for tea
So, nothing surpasses my teeth and my glasses
Somebody, somewhere, agree?

News, views and generally accepted interesting facts in Brief – by Rhona Boorman

♦ The BBC **colour licence fee** will increase by 2% to £145.50 from April 1st.

♦ A team of British scientist said that the toll from heart disease and strokes would be sharply reduced if people ate one gram a day **less salt**.

♦ **Flatulence** is the production of a mixture of air and gases in the digestive tract that are by-products of the digestion process

♦ Nutrition scientist found that **eggs** are packed with nutrients and recommended eating at least one a day – it can boost health and tackle obesity

♦ Scientists from the University of Florida have found that the tropical fruit **Papaya** could prevent and potentially treat a wide range of cancers – cervix, breast, liver, lung and pancreas cancers.

♦ People who **grind their teeth** in sleep are trying to cope with stress. It can lead to abrasive tooth wear, looseness and sensitivity of teeth and pain in the muscles responsible for chewing.

♦ A new report has predicted that women will be hardest hit by a fresh wave of **job cuts**, as they made up a higher proportion of the public sector workforce.

♦ An all-party committee of MPs have said that **foreign lorry drivers** should pay for using British roads. They constitute only 3% of lorries on our roads, but cause 10% of the accidents involving lorries.

♦ The larvae of the psyllid Aphalara itadori, a jumping **plant lice**, may be introduced in the UK, to suck the sap from the Japanese knotweed, a stubborn and invasive weed and a big issue for the construction industry.

Potluck supper Sunday at 5:00 pm - prayer and medication to follow

Representatives from the five Cambridgeshire districts would like members to help them with activities or send them local information for the Newsletters. If you would like to help with events e.g. meet for lunch, pub quiz etc in your area then please contact your local COPE representative. Please telephone the COPE *office* if you wish someone to talk to your group about COPE. COPE is a self-help group, with a current membership of 2,617 – after nearly seven years COPE still does not have finance for paid staff or office! Any donation towards our office fund would be much appreciated

News from COPE in the City of Cambridge from Doreen Ryan – Membership 1455
Tel: **Doreen** on 01223 500623 with your interesting snippet

- From April 1st Cambridgeshire County Council will be managing **parking enforcement** in Cambridge City. The third floor of Cambridge central library will be the new place to visit for resident and business parking permits, visitor parking permits, city centre access permits and to pay parking fines. Telephone 01223 727920
- From April 1st City residents will be able to **view plans** and additional planning information online at www.cambridge.gov.uk/planningpublicaccess
- A **new post office** will open in Cambridge to replace the Trinity street branch.
- Plans to spend £180,000 on **revamping** Fitzroy Street and Burleigh Street are being welcomed.
- The landmark £3 million **cycle bridge** over the river Cam in Chesterton has been highly commended by the urban design group. The riverside bridge was praised at the recent Royal Town Planning Institute awards which recognises successful town planning
- A new £6 million **cancer unit research project** has been launched at Addenbrookes Hospital, putting Cambridge at the centre of the fight against Cancer. The Cambridge Cancer Centre is a new research collaboration funded by Cancer Research, which will promote better links between scientists at Cambridge University and other research bodies.
- Researchers at **British Antartic Survey** who work in a cold room with temperatures of minus 20°C all year round say the freezing weather we have had lately is making there icy conditions more bearable
- Department store **Debenhams** has launched a trial of size 16 mannequins in its windows and are inviting customers feed back before extending the trial. Signs in the window ask "I am a size 16 do you want to see more of me!"
- Cambridge & County **Folk Museum** will launch an exhibition on "Cambridge in the 1960's on May 18th.
- A taste of London's West End is coming to Cambridge, when world famous Soho based **Patisserie Valerie** opens in Bridge Street. It will sell fine handmade continental cakes, breakfasts, lunches and teas.

David Bailey emailed: "We have collected from **Donarbon**, the recycling depot on Ely Road (A10), **compost** from their recycling which is free. All you need is a shovel and containers, bags etc and obviously transport to get there and fill up your containers and bags at no cost. Its good for the garden or allotment - its not a fertiliser but it does help improve the heavy soils around here."

COPE in East Cambs from Nigel Davies with help from **Peter Cresswell** - Membership 197
Contact **Nigel** - 01353-721037 if you'd like more information or with your news.

- The **East Cambridgeshire Strategic Partnership**, which represents public services, voluntary groups and business wants your views on how communities can work together to tackle such issues as anti-social behaviour, rural transport and affordable housing. You need to tell us.
- **Parking fines** have increased – previously the penalty was £60 reduced to £30 if paid within 14 days. Now it is £60 reduced to £50 if paid in the two week period – a reduction of just £10.
- War Pensioners and disabled servicemen and servicewomen will now get a fairer deal on their **Council Tax** in East Cambs. In future they will not have to worry about any means testing on their income.
- East Cambs District Council was awarded 3 stars by the Professional Association for Public Sector ICT Management for its **website**
- The **Neighbourhood Panel** meetings in Littleport, Ely and the West continue to be well supported.
- **Branching Out**, a charity in Littleport is offering carpentry & joinery opportunities for people with learning difficulties. It also has workshops in horticulture, retail, recycling and cooking.
- The Fenland Express **bus service** which helps pupils to get to college in Cambridge is set to continue for a another year.
- Cambridgeshire Constabulary has launched a campaign to increase the number of **Neighbourhood Watch** schemes in the area. Please telephone Kevin Evans on 01353 614892 if you wish to be involved.
- The **Sports** Development Team has been awarded an Inspire Mark Award for their Positive Activities Programme designed to target groups labelled as "**hard to reach**" across the locality.
- Quotient BioResearch in Fordham is Europe's largest **bioanalytical facility** and employs more than 220 scientists.
- **Library** users in Ely are now able to borrow energy consumption meters, which connect to the household electricity supply and provide real time information on energy use and running costs.

Four things you can't recover:

The stone....after the throw. The word....after it's said..
The occasion....after it's missed. The time....after it's gone.

"OUR STRENGTH IS IN OUR NUMBERS" - 7

COPE in Fenland from **David Jordan** with help from **Paul Reitman** – Membership 58
Tel: **David** on 01354 655786 and tell him what you think COPE in Fenland can do to help.

- Fenland is still alive and well!
- Cllr John West, Mayor of March, was censured by the Council for smoking!
- **Doddington Hospital** has been greatly improved.
- Fenland **Health and Social Care** services are failing to recruit enough staff – should have Fenland rating such as London rating – conditions will become more acute if something is not done.
- **Immigrants** and jobs were badly handled on TV – there has been immigration in Fenland for over 100 years – the Irish and then the gypsies – few street fights have been reported since the programme
- Regarding expansion plan in **Chatteris**, the town has no community centre or swimming pool – it needs more social activities.
- Chatteris has been refused planning permission for a **crematorium**
- Could other members give practical **support** to David in Fenland as he is busy chairing 4/5 other groups.

- The newly opened **Wisbech Library**, remodelled with £2.7 million of Big Lottery and Local Authority funding. This is a facility, which truly serves the community and people should come and use it and explore what it has to offer beyond just lending books.
- Marjorie Boorman would like to hold a COPE **coffee morning** in Chatteris in May. If you are interested to help or wish to attend please telephone 01354 693258

COPE in Huntingdonshire from **Gerald Collins** – Membership 126
Tel: **Gerald** on 01480 370808 with your views

- Dates for **future meetings**, for the Hunts area - April 9th; May 28th; and June 25th at the Free Church, St.Ives High Street, St. Ives from 10.30.to 12.30.
- A new guide to quality assured **accommodation** in Huntingdonshire has been produced covering everything from hotels to camping sites. Visit www.visithuntingdonshire.org
- Dates have been set for the closure of **public toilets** in Huntingdon District Councils area. Most will close On 1st April, whilst some in bus depots will remain open until 1st October. These cuts are part of the cost saving exercise of HDC, who tried to pass responsibility and costs of maintaining toilets to Town councils, but Huntingdon, St.Neots and Godmanchester refused, possibly because they were not being given any help with costs. HDC say that many shops and supermarkets now provide toilets. **What do you think?**
- Householders in Huntingdonshire will pay just under 2.5% on the district council's element of the council tax, making HDC one of the **lowest charging** authorities in the country.
- Huntingdonshire District Council has launched a new look **website** – www.huntingdonshire.gov.uk

COPE in South Cambs from **Margaret Hobbs** – Membership 781
Tel: **Margaret** on 01954 210652 with your news update

- The contents of a **time capsule** were provided by contributions from the community and sponsored by the Great Shelford Parish Council was on show at their new Library. The capsule will be placed in the library for future generations to uncover.
- Do not leave more than one **parking ticket** on your windscreen. It could warrant a fine.
- The federation of small businesses reckons the **bad weather** has cost the UK economy at least £600m a day, with small firms suffering the most.
- **Urgent Care Cambridgeshire** has been named as the preferred bidder to run out of hours GP care by Primary Care Trust NHS Cambridgeshire.
- Wasted **medication** in Cambridgeshire is costing the taxpayer more than £5 million a year – Only order repeat prescriptions if necessary.
- Community projects have been scaled down or deferred due to a cut in Government funding.
- Volunteers have pledged to support Fowlmere Village Hall and its sports facilities after an £8,000 shortfall in the budget was discovered. And the Queens Head in Long Lane will double up as a **Post Office** soon.
- Police will join **Speedwatch** volunteers in the Ramsey area in an effort to curb speeding.
- SCDC has ruled out using "pay as you throw" **microchips** in its wheelie bins.
- South Cambs District Council were able to save the **sheltered housing wardens** scheme after the Government allowed it to increase rents by 2.7%
- The 75-space overflow **car park** at SCDC offices have had no planning permission since 31st March 2009
- Support for **cheques** not to be abolished – please get as many signatures as possible to support our cause.

The **COPE Badge**, as worn by COPE registered Member **Number 1 Franc Johnson (£1 each). Size and shape**

A little boy asked his father,
'Daddy, how much does it cost to get married?'
Father replied, 'I don't know son, I'm still paying.'

"OUR STRENGTH IS IN OUR NUMBERS" - 8

Snippets from the post and news items - Send in your letters to the Editorial team

Wendy Rolph, Customer/Partner Liaison Manager Local Pensions Service, emailed: "As from April 1st the rates for minimum pension credit is £132.60 for a Single guarantee payment and £202.40 for a Couple. I am always happy to talk to you if you want to check benefit rates or have any other query. Tel. 01223 545381"

Gary Hughes, Caldecote emailed: "The old money/new money quiz in the newsletter was really good. I sat on a cold evening to complete. I loved my Eureka moments as the answers slowly brewed and then clambered into my mind. I was happy with 'a far thing' and 'the 'guinea fowl' but I was completely stumped on the truncated nurse question so I did not/could not enter the quiz. No problem. I knew the answers would be revealed in the next newsletter. Imagine my frustration when the answers did not feature in your brilliant newsletter. Are you trying to prolong my agony ??? There could be hundreds of us out here unable to sleep or function properly. Come on COPE, let me know the answer or I may have to bang my head against a wall again."
COPE responds "To put you out of your misery please telephone Trevor Grigg on 01223 834500 for the answers."

Basil Bonner, Whittlesford emailed: "I am glad to report that my railway journey to Shipley in Yorkshire. On a weekend in February, and return to Whittlesford, went without a hitch. Despite having to take four trains **and** another four on return - each run by a different operator - I made all my connections on both days. This was with the help of Assisted Travel at Peterborough [arranged in advance, of course]. Each of the two journeys involved almost *four* hours of rail travel, and I reached both destinations **on time**. This was most reassuring being entirely on *weekend* travel and during engineering works on several other parts of the system."

Victor Whittaker emailed: "I feel sure you will be glad to know that the penalty notice which was unresolved when I last wrote to you has now been resolved in my favour. This shows the importance of appealing against these penalties if there is any basis for doing so. Many people think it is less trouble to pay up than to make their case, but I believe we should appeal whenever possible in the hope that our bureaucracy will gradually learn common sense and even compassion. I am told that the local authority is reluctant to incur legal costs unless they consider they have a cast iron case and can recover their costs from the victim, not easy in a small-claims court." **Victor** further remarks: "Think of the number of people - often able-bodied but retired people who have the time and inclination to serve the community - who were put off clearing pavements from ice and snow, on the grounds that they might be sued by anyone falling down on the pavement after it had been cleared. A letter to the Cambridge News exposed this and pointed out that the threat really came from lawyers operating on a 'no win-no fee' basis who relied on intimidation and who would be extremely unlikely to press a claim against anyone resisting it." And **he continues**: "It might be interesting to have an article from a lawyer (perhaps a retired one who is a member of COPE) in your excellent news-letter covering these two very common areas of legal difficulty for older people."

Mick Lynch emailed: "I wondered if you might know anyone who would like to take two cats? They are house cats, they don't go out. One is oldish the other youngish. Should you know of somebody who might like them please phone 01223 502177."

Anthony Barraclough, St Ives emailed: "If you have jewellery that is either broken or no longer wanted, Alzheimer's Society can put it to worthy use by recycling it to raise funds in their Old Jewellery Appeal. You can send your donation free of charge by ordering one of their freepost donation jiffy bags, by calling 0845-306-0898 or visiting www.alzheimers.org.uk/jiffy" **Anthony** goes on to mention "The **Royal College of Nursing** (RCN) members have agreed on six issues they want to see as the health priorities of the next UK Government. Nurses fly the flag for health but, whether you are a nurse or not, the campaign needs your help. These six pledges result from more than two years' worth of consultation with RCN members across the UK. Nurses have contributed their ideas and opinions, and helped shape this list of top priorities:- Standing up for staff who speak out; Ensuring safer staffing levels; Giving nurses proper time to train; Protecting the nation's health; Improving care for those with long-term conditions; Sustaining health care investment. Sign up to join the RCN's campaign on http://generalelection.rcn.org.uk/join

Janice Turton, Milton emailed with a list of places to play Bridge – please contact Janice for further information janice.turton@gmail.com

Just think, if it weren't for marriage,
men would go through life thinking they had no faults at all.

"OUR STRENGTH IS IN OUR NUMBERS" - 9

Ian Alexander, Dry Drayton emailed: "I have sent a letter to the Cambridge News casting doubt that any judge has in fact found in favour of a litigant pursuing someone for inadequately clearing snow from the front of their property. The letter was published some weeks ago and I have had no response! So I guess that the suggestion that one should avoid such activity is a fable that has unfortunately caught peoples' imagination and spread like wildfire.

Celia Conway emailed to say: "I noticed with interest in the last Newsletter COPE's campaign to find the Best Bus Driver in Cambridgeshire. I have just got back after being in Sydney, Australia, for six weeks. I was staying with my son and most of the time I was a typical tourist using the local transport for sightseeing. I have to say that I was greeted by every bus driver there with courtesy, helpfulness, friendliness and a great big smile. Maybe it was because of the fine weather but I think they all must have gone to 'charm school' Cambridgeshire bus drivers could certainly learn a lesson or two from their Australian colleagues." **Celia** goes on to say "Jean Talbot and I (and many others) belong to a little club called **"Cambridgeshire Companions"**. Our members are single, over 50, and put on various events each month that we can attend and socialise - it's not a dating club. Jean has just resigned from the Club and I would like to be a contact for people who might like to join us." **Celia** has an **Urgent Appeal** "Has anyone an empty garage or storage area that the **Lions Club** of Cambridge could use to store their banners, equipment, etc.? The Lions would be willing to donate £5.00 per week to a mutually agreed charity. Please contact Lion **Celia Conway on 01223 523680.**"

Alexander Page, Histon emailed: "Help wanted for a 84 and partially sighted gentleman with computer problems. Please telephone 01223 237366

Audrey Philp, Dry Drayton emailed: "We wonder what statistics show we are any worse than younger drivers. I recently read that out of 38% of younger drivers 15% were recorded as having accidents." **Audrey** also shares the following information: "Cambridge CRUSE hold weekly Wednesday coffee Morning Drop-In Sessions from 10 a.m. to 12 noon at the Wesley Church. You can chat with Counsellors in a very friendly atmosphere. Various outings are arranged, monthly lunches, visits to shows etc.

Gerald Collins: "CRUSE Bereavement Care Charity holds weekly meetings of their Friendship Groups at St Neots at The United Reform Church on Thursdays from 11 a.m. to 12.30; Huntingdon on Wednesday at 10.00 to 12.30. CRUSE has a helpline exclusive to Huntingdon: 01480 414511.

Paul Reitman, Wisbech emailed: "I would be happy to act as contact person and form a list for pet and house sitters and when we have a reasonable core of interested parties I would like to confer with these kind people to work out requirements.

Margaret Hobbs, Caldecote emailed: "As more and more public transport is cut or routes changed – for many, no bus on a Saturday or Sunday and possibly not much better in the week in some villages, how are we to become the model 'aged' which is desired? How do we access pilates, swimming, computer lessons, lunch clubs and single groups for company and fitness – and there are more things to add to the list. All out there, but how does one get to it with no car and no transport? How do we find a solution in rural areas to this ever growing fear of being alone?"

Joan Court wrote: "I would like to meet anyone with Indian career background."

Tricia Girdler is willing to give you conversational French lessons, to freshen up your vocabulary, before your holiday to France. Telephone Tricia on 01223 300987

Eta Sanderson emailed: "My first visit to Mr Sarkie's Glaucoma Clinic, at Addenbrooke's Hospital, on March 2nd this year, left me with nothing but good impressions. The staff were helpful and reassuring, the test procedures were explained step by step, clearer than at a private Hospital I have attended for the last nine years. To my mind this NHS Clinic gives a far superior service than I have ever received as a private patient."

Alice Zeitlyn emailed: "**A CHALLENGE to all COPE members** - can you spare 2-3 hours on Wednesday, 7th July 2010 at the Guildhall to help prepare the delicious lunch we provide for the A.G.M.? Only 3-4 pair of hands are needed to help Robert Sanderson and myself. A few home-made cakes would also be much appreciated. Phone Alice on 01223 357395 if you can assist.- we are giving you plenty of notice!"

Barry Hobbs, Caldecote reports: "The Bank of England has announced that £20 notes with the image of the beloved English composer, Edward Elgar, will not be legal tender after June 30 this year."

Researchers found that kindness is contagious & good acts really can make a difference

Cambridgeshire Older People's Enterprise Survey – Combined

Questions

Q1	How did you receive this Newsletter?	Post 567	Other 12
Q2	Do you share the newsletter with others (friends, neighbours, relatives)?	Yes 287	No 282
Q3	Do you think the newsletter is easy to read?	Yes 565	No 16
Q4	Do you feel the articles in the newsletter are relevant to you and people over the age of 50 generally?	Yes 565	No 5
Q5	Is there anything else you would like to see included in the newsletter?		

Q6	Has being a member of COPE: -	Not at all	A little	A lot
6.1	Increased your awareness of the local Services available to support the elderly	15	248	292
6.2	Enabled you to access more services	155	227	119
6.3	Improved your social life	255	198	48
6.4	Improved your health	302	134	35
6.5	Improved your overall knowledge	32	286	218
6.6	Enabled you to Access more benefits	299	98	44

Comments

12 contributors were Parish and town councils, doctors' surgeries, CAMTAD and the National Pensioners Convention also commented. **579** responses from 2,592 members a response rate of **22.3%**

Responses by district:

City	320	55%
SCDC	173	30%
Hunts DC	26	4.5%
Fen DC	6	1%
East CDC	32	5.5%
Unallocated	22	4%
	579	

The above percentages are roughly proportionate to membership numbers for each district.
It is really good to see that 50% of COPE members are sharing their newsletters with friends and neighbours.

Over 97% feel the newsletter is easy to read; several people want more information - two think Birthdays are a waste of space, one thinks it's too serious; another says it is scare mongering, and another thinks it is suitable for the over 100 year olds!

Over 99% feel articles are relevant to them.

A list of suggestions will be produced and available at the AGM.

Question 6.1 - 15 who gained nothing, some work in the voluntary sector; **97%** increased awareness.
Question 6.2 - The larger number not accessing services reflects members living outside the towns and City and also the number of housebound members.
Question 6.3 - Country areas have not had time to produce activities.
Question 6.4 - City council has more services available for mainly City Residents.
Question 6.5 - **94%** of members have learnt more.
Question 6.6 - **68%** of COPE members are probably above the income for benefits or think they are!

COPE is unique, it is a **self-help** group, run entirely by volunteers – if you want a Book Club or more trips in your area, set one up with a group of friends and COPE will advertise your event in our monthly Newsletter. (e.g. Alan Giles runs the Quiz evening; Jean Farrington & Shirley Allanson the Singles lunches; Jason Yow the Chinese Lunches, etc)

Sunday morning sermon: 'Jesus Walks on the Water'
Sunday evening sermon: 'Searching for Jesus.'

Celia Kenney

B.Sc. (Hons) Podiatry, M.Ch.S, S.R.Ch
HPC Registered Chiropodist and Podiatrist

Beechwood Practice
41 Hills Road, Cambridge CB2 1NT

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50+ reasons to get Active in 2010

The 'Forever Active' Scheme now has on offer over 50 exercise / sport sessions for the over 50 age group taking place within Cambridge City. There are sessions on offer to cater for all abilities from chair based sessions for people with mobility problems to activities for the more active such as dance, aqua aerobics Pilates, Golf, Nordic walking and Rowing.

There are so many reasons to get active - Taking part in exercise can help with weight loss / maintenance (if you would like to shift a few pounds), helps to reduce blood pressure (Exercise is great at reducing stress and helps to improve circulation), helps improve mood (Exercise releases a happy hormone which will help to prevent mood slumps), helps you to sleep better (plus have more energy in the day!), helps with osteoporosis and arthritis (Want to get rid of those aches and pains!), helps to prevent diabetes and heart disease and is an ideal social opportunity.

To get your copy of the Forever Active brochure and a voucher to attend one of the sessions for free (quote COPE) contact Helen Johnston on 01223 457000 or look on the website www.forever-active.org.uk

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Nr Pampisford Cambridge CB22 3HB
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The church will host an evening of fine dining, super entertainment and gracious hostility

"OUR STRENGTH IS IN OUR NUMBERS" - 13

Going into hospital soon?
Would you like some help when you come home?

Care Network
Supporting Volunteers
Encouraging Independence
Developing Good Neighbour Projects

Welcome Home from Hospital can help

Our volunteers can:
- ☺ Check you've settled in
- ☺ Do some shopping
- ☺ Collect a prescription
- ☺ Just sit and have a chat

Free and confidential
Call 01223 714433 for more information

Welcome Home also needs volunteers to offer practical and emotional support to people for 2 -3 weeks after discharge from hospital. Volunteers do tasks like shopping, picking up prescriptions and helping people regain their independence after a hospital stay. This is a volunteering opportunity which can fit around your other commitments. Training and support is given, and expenses paid. If you would like further information please contact us on 01223 714433.

Care Network Cambridgeshire also provides free help, support and advice to set up and run village schemes like community car schemes, lunch clubs, visiting schemes and independent warden schemes.

Does your community have a need? Please contact us on **01954 211919** for more information.

Care Network Cambridgeshire is a registered charity no: 1120693

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"OUR STRENGTH IS IN OUR NUMBERS" - 14

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- Advice and support in finding help in **your own home** if you ever needed it
- Help to find the right people to **answer any question you may have**
- Help to **enjoy your life** and independence however **you choose**.

Give us a call. We can visit you, be a kind ear just to listen, or we can help you contact any of the services above. Phone Tracey now on **01223-458004**

Cambridge City Councils Independent Living Service is Support for YOU!!

Advertising Disclaimer

Will readers, please note that COPE does not investigate or make any recommendation regarding any products or services advertised in this newsletter. Editorials regarding services are likewise not intended as recommendations from COPE. We cannot therefore be held liable for any differences that may arise between companies and clients. As with any services or tradesmen you deal with, you are advised to be circumspect

All items are considered, however the Editorial Team reserves the right to amend articles where necessary. The Editor regrets that it is not normally possible to enter into correspondence with individual readers and all letters, emails and other submissions received are assumed to be for publication.

Advertising Rates Please send advertising requirements with a cheque made payable to "COPE" to the Editor	To insert pre-printed leaflets/flyers on quotation (Special rates for Charities)	Full Page	Half Page	Quarter Page
	Per Issue	£70	£40	£25
	Annual Rate on request			

COPE Members, how would you like to pay for your Care?

A report by the cross-party Commons Health Committee says a consensus is needed for a long-term strategy to be drawn up concerning those needing care

The report was critical of the Personal Care at Home Bill.

Political parties should set aside "pre-election point scoring" over the issue of social care for the elderly in England, a committee of MPs has said.

The MPs were sceptical about an unexpected pledge that 400,000 people would get free care at home - a measure that would be introduced before the wider reforms being considered. The report called that "policy-making on the hoof".

The chief executive of the King's Fund, Niall Dickson, said, "the devil will be in the detail".

Andrew Harrop, head of policy for Age Concern and Help the Aged, said he welcomed the commitment to free care. But he stressed: "It will be essential that councils are properly funded to provide this care so that there is not an incentive for them to push older people into care homes or claim that their needs are not critical enough to warrant free care at home."

Please place your donation in the envelope along with the deceased person you want remembered

Join Rhona & Robert on these COPE trips organised only for COPE members:

Thursday 29th April - "Legally Blonde" the Musical - with **Sheridan Smith, Duncan James, Jill Halfpenny & Peter Davison**. If you are young at heart this popular show is a must. Matinee Performance at **14.30 hours** at a very special rate of **£43.00 pp** for COPE members. The price includes coach travel and theatre ticket, with morning at leisure in London for shopping/lunch. Theatre tickets will be allocated and given to each passenger on the day by the driver. Coach pick-up times: St Ives Bus Station 9 a.m.; Mansel Way 9.30 a.m.; Mill Road 9.45 a.m.; Anstey Way 10 a.m.; London 11.30 a.m. **April 1st is the last day for booking this show**

Wednesday 16th June – The Good Food Show (ticket also allows entry to the **Gardener's World**) at **£33.30 pp**. Optional extra £3 to include cookery demonstration by celebrity chef, James Martin. Coach pick-up times: Mansel Way 7.30 a.m.; Mill Road 7.45 a.m.; Anstey Way 8 a.m.; **St** Ives Bus Station 8.30 a.m.; NEC Birmingham 10.00 a.m. Leave the NEC at 4 p.m. for Cambridge

Tuesday 7th September – Olympic Site Tour with a professional guide on board the coach showing the developments for the 2012 Olympics, stopping for a fish and chip lunch. All inclusive price **£35.00 p.p.** Coach pick-up times: St Ives Bus Station 9 a.m.; Mansel Way 9.30 a.m.; Mill Road 9.45 a.m.; Anstey Way 10 a.m.

December – Thursford Christmas Show to be announced

Cheques can be made payable to '**RICHMONDS COACHES**'. They also take all major credit and debit cards. Bookings can be made direct with Richmond Coaches, and they will send each passenger a booking confirmation. Contact: **Natalie Richmond**, Tour and Excursions Manager, Richmonds Coaches, The Garage, Barley, Royston, Herts SG8 8JA. Telephone: **01763 848226**

(Prizes for **Raffle** in aid of COPE funds are welcome on the above COPE trips)

Cambridgeshire Companions, a social club for the over 50's - telephone Celia Conway on 01223 523680
Friendship Club monthly meetings – telephone **Tony Cassidy** on 01223 812605
Healthy walks - telephone **Trevor Grigg**, Whittlesford on 01223-834500 for information;
Cambridge Breathe Easy - telephone **Jean Sleap**, Waterbeach on 01223 697439;
Yoga at Harston Village Hall on Friday mornings – for details and a free taster session contact **Veronica Goswell** on 01223 503088

Due to lack of interest, the scrabble, kindly organised by Jean Stevens has been cancelled.

Chinese Birthday Lunch – **April 29th** at 1 p.m. - at the Cambridge Chinese Community Centre, Sturton Street, Cambridge – only **£3** **Telephone Jonathon** on **01223 365228 to book** - Free for April birthday members! Ring the centre for information on opening hours of the Café and Karaoke evenings.

COPE **singles lunch for members** in **April** at 12.00 noon at The Hungry Horse, Milton Road, Cambridge – 3rd Sunday of the month. Telephone **Jean Farrington** on 01223 503867 or **Shirley Allanson** – 01223 423905 to book. If you find yourself **on your own** why not join Jean & Shirley and other COPE members on **April 18th** for lunch?

COPE ***PUB QUIZ*** Night organised by **Alan Giles** –the Question Master in **April** will be the winner at the March session. Join COPE at **7 p.m.** at The Carlton Arms Pub, Carlton Way, Cambridge on **April 25th**. Congratulations to all the raffle prize winners.

Wednesday 7th July – **COPE AGM** to be followed by **Forum on 'Care'** at the **Guildhall, Cambridge** 11 a.m. - 2 p.m. **Dot Gibson**, NPC General Secretary will be the keynote speaker (includes lunch) – For free tickets to the AGM/Forum please fill in the section below and return to 40 Stretten Avenue, Cambridge CB4 3EP Tel: 01223 364303 for further details

Name: _____ **Address:** _____ **Post Code** ____
Membership No_____ Number of Tickets required___ I **will/will not** bring a Raffle prize. All donated raffle prizes are much appreciated and profits go towards COPE funds

Web: www.cambridgecope50.org Email: cambridgecope@hotmail.co.uk Registered Charity No. 1110887
Honorary Officers: Chairman Maurice Garner; Vice Chair Robert Sanderson; Secretary Rhona Boorman; Treasurer Robert Boorman
Grants from Cambridgeshire County Council, Working With, Cambridgeshire NHS Primary Care Trust, HELP THE AGED WE WILL, Age Concern Cambridgeshire, NPC

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